



FIT CITY MONTHLY CHALLENGE – JUNE **-Get Out and Play with Your Kids!-**



San Antonio, TX – June 14, 2002 – Spend this summer showing your children that exercise can be fun! Make exercise a family event, register your children for some fun summer camps and activities or simply let them play with their friends – as long as their “friends” aren’t just the television or video games. Families also need to help children make healthy choices by teaching them the value of exercise and the importance of a wholesome, balanced diet.

The Centers for Disease Control and Prevention (CDC) announced findings of a new study that public health problems associated with obesity among the nation's youth are causing a major economic health care burden, in addition to having a profound affect on individual health. Children as young as 9 years old are getting diabetes as a result of being overweight. Three out of ten teenagers who are overweight have high blood pressure. The rate of high blood pressure is three out of one hundred in teenagers of normal weight.

So, get out and play this summer! It will be good for your child...and it will also be good for you! Check out the following list of activities for more ideas.

Hotline Numbers – To call if you think you are at risk for diabetes:

Metro Health: 207-8802 (for families without a primary care physician)

Healthy Tips for the Month:

- Keep plenty of fruit and healthy finger snacks available for your children.
- Make sure you and your children drink plenty of water before, during and after physical activities to avoid dehydration. Sugar-filled drinks like sodas do not rehydrate the body.
- Get back to the basics: swimming, biking, walking or skating can be just as fun as it was when you were a kid.
- Get out and play during the morning and towards sundown to avoid the heat of the day. However, do not let the sun be an excuse for not having fun!

Free/Low-Cost Healthy Activities:

Check out your community center for fitness fun from dance to karate to flag football! The San Antonio Parks and Recreation Department’s free summer recreation program is open to ages 6-19 at approximately 75 sites from 8:30 a.m. to 5:30 p.m. The Night Owl program offers free basketball, volleyball, jogging and weight lifting in the evening at nearly 17 area high schools from 5 – 9 p.m. For a list of sites and programs: www.sanantonio.gov/sapar or 207-3000.

San Antonio has Inner-City Games! The city-wide games provide opportunities for youth to participate in basketball, track and field, volleyball, tennis, golf and more. For more information: 207-3056 or see the Parks & Recreation Department’s summer guide at www.sanantonio.gov/sapar

Summertime means swim time! Check out your City pools at more than 20 sites. Admission ranges from 25 cents to \$1.50. Inexpensive swim lessons are also available. For a list of sites: 207-3000 or www.sanantonio.gov/sapar. Another option is your neighborhood pool or YMCA, which may also offer swimming lessons and swim teams.

Get out and enjoy nature trails at City of San Antonio parks. The trails are great for walking, jogging, hiking or biking and vary in difficulty. Enjoy hilltop views, sport amenities, fishing or even sailing depending on the location. For locations: www.sanantonio.gov/sapar or 207-3000.

Join the San Antonio Sports Foundations Dreams for Youth program, which introduces San Antonio's disadvantaged youth to Olympic sports. The program provides training in seven primary non-traditional sports: badminton, cycling, diving, fencing, gymnastics, swimming and volleyball. Contact: 820-2100 or www.sanantoniosports.org.

Time to sign up for SUMMER CAMPS!

Check out sports camps for kids at some of our local universities. There are sports camps for everything from basketball to volleyball!

Trinity University: www.trinity.edu/departments/athletics/general/02camps.htm

University of Incarnate Word: www.uiwtx.edu/~athletic/camps.shtml

University of Texas San Antonio: www.goutsa.com/Camps.htm

Home Court America: www.homecourtamerica.com

Want to stay cool this summer? Hit the ice! The Crystal Ice Palace has cool camps and classes. For summer program information: 696-0006 or www.iceplay.com

Other camps and events:

June 17-21 – WILD! Week Summer Day Camp. “Journaling Journey with Nature” camp for children ages 7 – 11. Lots of hiking and fun! Friedrich Wilderness Park, 21395 Milsa. \$75 per child. Pre-registration required. 9 a.m. – 12:30 p.m. For more information: 698-1057.

June 17-21 - San Antonio Spurs Basketball Camp at University of Incarnate Word. For more information: 554-7794, 1-800-688-SPUR, or www.nba.com/spurs.

June 22 – B.G. Johnson Memorial 5K. Cost \$15/\$20. Begins at the Old Post Headquarters on Fort Sam Houston. Contact: 826-1888.

June 22 – Prevent Blindness 5K – 6 p.m. Woodlawn Lake. For more information: Roger Soler’s Sports, 366-3701.

June 22 – Carrabba’s Classic 4-person Half Marathon Relay/Run – 8 a.m. at McAllister Park. For more information: San Antonio Road Runners, 344-1254.

June 24-28 - San Antonio Spurs Basketball Camp at University of Incarnate Word. For more information: 554-7794, 1-800-688-SPUR, or www.nba.com/spurs.